

# Warrior Athlete

## Approach to Combat Fitness

- Functional Fitness

- Strength
- Endurance
- Movement skill

- Performance Nutrition

- Nutrient needs
- Ideal body composition
- Supplements



- Sports Medicine

- Prevention
- Early intervention
- Multi-disciplinary team

- Mental Toughness

- Ideal Performance State
- Fatigue counter-measures
- Endurance events

# 8<sup>th</sup> Army Athlete Warrior

## Mental and Physical Strength Building

### Philosophy

- The individual Warrior (Officer/NCO/Soldier) is our most lethal weapon.
- You don't know how tough your enemy will be. Assume they will be very challenging.
- You don't know the exact physical requirements needed on your next mission. Assume it will be extremely demanding mentally and physically.
- All Army missions require **strength, endurance, and movement** skills...excelling in only one or two leaves you vulnerable to poor performance.
- Training hard physically is not enough; you have to train your mental strength to be quick and adaptive as well.
- The mental capacity or physical ability of each team members will assess your mission capability. Don't have a weak link.
- Form matters. Master the exercise techniques and demand proper execution from your Soldier.
- The body adapts to the stress you place upon it. This takes time. Cells aren't necessarily on the same schedule as your head and your heart. In other words, be consistent, be patient, and think of improvement over weeks and months, not days.
- Don't exhaust yourself everyday. Respect the need for recovery.
- Guidance builds in some degree of recovery, but leaders must be attuned to their Soldiers and modify the training stress appropriately.
- Fuel the machine. Don't train your mind and body and blow it with a lousy diet. Leaders need to have a plan for Soldiers proper hydration, meals, snacks and stick to it.
- Take care of your injuries before they become chronic, "Soldiering-on" is necessary on occasion, but if you do it too long there may not be a therapy or surgery to fix it.
- maintain your mental strength always. Historically, Warriors have been defined more by their minds than their bodies. Similarly, most athletes claim their performance is as much mental as physical, yet they seldom train or have a plan for developing mental Strength.
- Soldiers need to recognize their ideal performance state and be able to call upon it at a moment's notice.
- leaders must learn all they can about the mind, body, nutrition, and exercise, then apply that to the task at hand...making you and your Soldiers the best Warrior athletes they can be.

#### Bottom Line:

**Train your mind right, Train your body right, eat right, sleep right, and keep ahead of the enemy (the game).**